


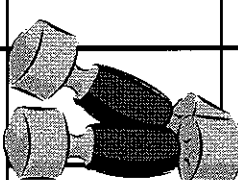


GROUP EXERCISE SCHEDULE

Effective Saturday 1st May 2010

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 7:30	Community Walking Group		Community Walking Group		Community Walking Group		
6:00	Les Mills® RPM	Boxing Circuit (outside)	Run, Spin & Crunch	Body Conditioning	Athletic Development 101		
7:00	D.W.Ex	Aqua Fit	D.W.Ex	Les Mills Bodyvive™	D.W.Ex .	Boxing Circuit	
				Aqua Fit		7.05am Les Mills® RPM	
8:00	Mat Pilates	Les Mills Bodyvive™	Yoga - Stretch & Tone	Mat Pilates	Les Mills Bodyvive™	D.W. Ex	
						8.10am Les Mills® Body Balance	
9:00	Step 'N' Sculpt	Les Mills® RPM	Fat Burner	Les Mills® Body Pump	Fat Burner	9.15am Les Mills® RPM	Les Mills® Body Pump
10:00	Yoga	Les Mills® Body Pump	Les Mills® RPM	**9.00-10.30 Pro-One® Tennis Group Coaching	Yoga Pilates Fusion		Les Mills® Body Balance
10:15	D.W.Ex		D.W.Ex	Les Mills® Body Balance	D.W.Ex	Les Mills® Body Pump	
10:30							
11:30		Pilates Reformer					
12:00	Aqua Fit		Aqua Fit		Aqua Fit		
4.00pm		Les Mills® Body Pump		Junior Fitness (7-12 yrs)	Les Mills® RPM		
5.00pm		4.00pm Junior Fitness (7-12 yrs)	5.30pm 5ASide Soccer (Field)	Les Mills® RPM	* 5.15pm Pilates Reformer		
5.30pm	Zumba	Body Conditioning	Les Mills® RPM				
6.00pm	Touch Football (Field)	Running Club		Touch Football (Field)			
				Boxing Circuit (outside)			
6.30pm	Les Mills® Body Pump	Les Mills® RPM		6.15pm Les Mills® Body Pump			

* Please note that there is a \$7 fee for these specialist classes. Reformer classes should be booked at reception.

** Thursday morning social coaching session at Pro-One free to members subject to availability

All Enquiries please contact Reception on 5500 9988